



# Duluth Senior Programs


*Providing Quality Dining and Recreation Programs for Seniors*

## Dining

- ◆ Meals are served Monday through Friday at most centers starting at 11:30 am.
- ◆ The *Rainbow Center* serves meals seven days a week from 11:30 am until 12:30 pm.
- ◆ The *Lincoln Park Center* serves meals from 11:30 am until 12:15 pm, Monday through Friday. Sunday meals are also available from 11:30 am until 12:30 pm.
- ◆ Rainbow and Lincoln also serve meals on holidays.
- ◆ Anyone age 60 and older is eligible and welcome (along with their spouse, regardless of age). A \$3 donation per meal is suggested (\$3.50 for Sunday and holiday meals).
- ◆ Anyone under age 60 can also eat for a required \$6 fee.
- ◆ Reservations are required by noon one day in advance at most centers. Reservations are not needed at Rainbow and Lincoln Park Centers.
- ◆ Donations are suggested and encouraged. No one will be denied a meal because of inability to contribute. EBT food stamp vouchers are welcome. Menus are available at each center.



<b>Duluth Heights Holy Cross</b> 410 N Arlington Ave ~ 722-6022 Liz Askelson ~ Mealsite Manager <i>Monday thru Friday</i>	<b>Evergreen Senior Center</b> 5830 Grand Ave ~ 723-3663 Judy Penttinen ~ Senior Center Coordinator <i>Monday thru Friday</i>
<b>Gary New Duluth Senior Center</b> 1104 Commonwealth Ave - 626-4524 Recreation Program Only ~ Volunteers	<b>Harrison Community Recreation Center</b>  <b>TEMPORARILY CLOSED</b>
<b>Lincoln Park Center</b> 2014 W 3 <sup>rd</sup> St ~ 722-4107 Alyce Hagberg ~ Mealsite Manager <i>Monday thru Friday and Sunday</i>	<b>Morgan Park Community Recreation Center</b> 1242 88 <sup>th</sup> Ave W ~ 626-4522 Theresa Mellinger ~ Senior Center Coordinator <i>Monday thru Friday</i>
<b>Piedmont Heights Community Rec Center</b> 2302 W 23 <sup>rd</sup> St ~ 723-3460 JoEllen Carroll ~ Senior Center Coordinator <i>Monday thru Friday</i>	<b>Portman Community Recreation Center</b> 4601 McCulloch St ~ 525-0838 Laura Sundberg ~ Mealsite Manager <i>Monday thru Friday</i>
<b>Rainbow Center</b> 211 N 3 <sup>rd</sup> Ave E ~ 727-8147 Cheryl Whereatt ~ Mealsite Manager <i>Monday thru Sunday</i>	<b>Woodland Gardens Apartments</b> 127 Calvary Road ~ 724-2989 Nancy Cozzi ~ Mealsite Manager <i>Monday thru Friday</i>

 <p><b>You don't stop playing when you grow old...</b></p> <p><b>You grow old when you stop playing!</b></p>	<h2>Fun</h2> <ul style="list-style-type: none"> <li>◆ Recreation activities are available Monday through Friday at some centers. Call the centers for times.</li> <li>◆ Anyone age 55 or older is eligible and welcome. Spouses are always welcome regardless of age.</li> <li>◆ Popular Activities and Events include but are not limited to: arts &amp; crafts, painting, ceramics, billiards, card games, dances, health programs, educational seminars, nutrition education classes, holiday parties, tax assistance, well physicals, blood pressure screening, 55 Alive Driving classes, shopping trips, and much much more!</li> </ul> <p>NOT ALL OF THESE ACTIVITIES ARE AVAILABLE AT EVERY CENTER SOME MAY CHARGE A SMALL FEE</p>	
<p><i>A few of the Citywide events sponsored by Duluth Senior Programs:</i></p>	<ul style="list-style-type: none"> <li>★ Holiday Banquet and City Lights Tour</li> <li>★ Special Meals &amp;</li> <li>★ Special Pie Days</li> </ul>	<ul style="list-style-type: none"> <li>★ All City Picnic</li> <li>★ Volunteer Recognition Parties and Theme Parties</li> <li>★ Health Care Seminars</li> </ul>
<h2>Friends</h2>		
<p>Join your friends at a nearby center for:</p>		
<ul style="list-style-type: none"> <li>◆ a cup of coffee - the pot is always on!</li> <li>◆ a well balanced meal-we do the shopping, cooking, and clean up for you</li> <li>◆ lively conversations</li> <li>◆ interesting discussions</li> </ul>	<ul style="list-style-type: none"> <li>◆ meeting new people and making new friends</li> <li>◆ helping others by volunteering your time, talent, and skills</li> <li>◆ trying something new and challenging</li> </ul>	

## SENIOR PROGRAMS GOALS ARE:

*To provide seniors with:*

- ◆ a feeling of being needed and productive
- ◆ trusting interpersonal relationships
- ◆ socialization and volunteer opportunities
- ◆ quality programs that stimulate intellectually and physically
- ◆ a delicious meal that compliments other center activities

*To promote:*

- ❖ peer relationships
- ❖ creative expressions
- ❖ a positive, happy environment
- ❖ leadership
- ❖ health and wellness

Call the site of  
your choice for  
more information  
or call  
218.730.4310  
for a brochure.